



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Ventura Family YMCA
Youth Basketball League
Parent Handbook

Last Updated: Fall 2026

VENTURA FAMILY YMCA
YOUTH BASKETBALL LEAGUE
Parent Letter

Parents & Guardians,

Welcome to the Ventura Family YMCA Youth Basketball League. In recreational sports here at the Y, our goal is to provide a FUN environment where children are able to hone their skills, enjoy friendly competition, and build positive relationships.

In order to accomplish this, I ask that we always remember our role out on the court: Coaches Coach, Spectators (Parents) Cheer, Referees Officiate, and Players Play. This approach will ensure that our non-competitive league stays true to our mission stated in the Seven Pillars of YMCA Youth Sports.

Pillar One – Everyone Plays. We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays about half of every game.

Pillar Two – Safety First. Although kids may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. Coaches make sure the equipment and facilities are safe, and they teach the sport as we've prescribed so that the skills taught are appropriate for athletes' developmental levels. Coaches constantly supervise their players and stop unsafe activities.

Pillar Three – Fair Play. Fair play is about playing by the rules and more. It's about coaches and players showing respect for all involved in YMCA Youth Sports. It's about coaches being role models of good sporting behavior and guiding their players to do the same.

Pillar Four – Positive Competition. We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective is when adults make decisions that put the best interests of the players before winning the contest. Learning to compete is important for youngsters, and learning to cooperate in a competitive world is an essential lesson of life. Through YMCA Youth Sports we want to help kids learn these lessons.

Pillar Five – Family Involvement. YMCA Youth Sports encourages parents to be involved appropriately in their child's participation in our sports programs. In addition to being helpful as volunteer coaches, officials, and timekeepers, we require parents to be at practices and games to support their child's participation.

Pillar Six – Sport for All. YMCA Youth Sports is an "inclusive" sports program. We offer programs to all youngsters regardless of their race, gender, religious creed, or ability. We ask our adult leaders to encourage and appreciate the diversity of children in our society and to encourage the kids and their parents to do the same.

Pillar Seven – Sport for Fun. Sports are naturally fun for most kids. Sometimes, when adults become involved and place too much emphasis on performance, it can strip the natural enjoyment from the activity. Our coaches are taught to focus on improvement and setting small goals rather than expecting specific outcomes, like winning games. We ask for your support in allowing the kids to enjoy the sport in a low-pressure environment.

The YMCA believes that character development, focusing on the values of caring, honesty, respect, and responsibility, is an essential element of its sports program. Remember, only a fraction of young people will play sports beyond high school, but the majority will become parents, employees, and citizens. By building their character, our goal is give them and the rest of society a permanent gift.

- **Caring:** To appreciate others and be sensitive to the well-being of others involved in the sports program
- **Honesty:** To have integrity, making sure that one's actions match one's values through participation in sports.
- **Respect:** To value the worth of every person, including oneself, one's teammates, opponents, and officials.
- **Responsibility:** To be accountable for one's behavior and obligations.

In addition to our pillars and core values, I would like to emphasize the importance of commitment when it comes to team sports. Coaches and teammates are depending on having all players present, as absences result in a fragmented team experience. Coaches need to be notified if you are unable to attend a practice or game. Reliability is a very important aspect of being part of a team, and it is essential to ensure everyone on the team has the whole of the experience.

Our intent is to provide as much support as needed to ensure a positive experience for you and your child(ren). If there are any questions or concerns during the season, please do not hesitate to reach out to us.

Sincerely,

Maddie Ozbourn

Sports Director

Elijah De La Cruz

Sports Department Lead

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VENTURA FAMILY YMCA
YOUTH BASKETBALL LEAGUE
Parent Code of Conduct

The Ventura Family YMCA asks for your cooperation as a parent and/or spectator. Our goals for everyone involved:

- To enjoy youth sports, and to have fun
- To create a positive environment that is free of stress

MY PLEDGE TO GOOD SPORTSMANSHIP

I will respect all gathered today at this game: officials, timekeepers and scorekeepers, coaches and fans, players and parents. I will cheer not only for my own team, but will applaud all players' efforts. I will model good sportsmanship.

Parent Code of Conduct

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.
- I will place the emotional and physical wellbeing of each child ahead of a personal desire to win.
- I will support the implementation of the YMCA's four character development values- caring, honesty, respect and responsibility.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free of drugs, tobacco and alcohol, and will refrain from their use at all YMCA youth sports events.
- I will remember the game is for youths – not for adults. I will do my very best to make the youth sports experience for my child.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching or character development or providing transportation.
- I will treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.

Policy Enforcement:

- Individual may be given a warning for inappropriate behavior.
- Individual may be asked to leave the game(s) and may be asked not to return for other youth sports activities.
- Other sanctions as deemed necessary may be enforced.

VENTURA FAMILY YMCA
YOUTH BASKETBALL LEAGUE
Uniforms & Equipment

Jerseys

Parents are required to purchase their child's own jersey, which will be shipped directly to your home. **This is the BLUE/RED/WHITE jersey style with the Jr. Clipper Logo that was implemented in our Fall 2025 Basketball Season;** You do NOT need to purchase another jersey if you already have this current style. For those who still have the old TEEL style jersey, or first-time participants, this will be a new required purchase.

- Click [Here](#) to order your jersey. Jerseys take about 3-5 days to ship
- All that is required is the **BASKETBALL JERSEY**.
 - If there is a financial hardship, please reach out to us ASAP.
- All jerseys are reversible:
 - The team that appears *first* in the game schedule will be "*home*" team and will show up in *white*
 - The team that appears *second* will be the "*guest*" team and will show up in *blue*, so please come to each game prepared in the correct side of the jersey.
- For any questions on the jersey process, or if an order arrives incorrectly, please visit the "help" icon on the Uniform website.

Uniforms:

- YMCA Basketball Jersey
- Black Basketball shorts or athletic shorts
- Basketball Socks (White or Black Preferred)
- Knee Pads (Optional)
- Basketball shoes (Recommended) or athletic shoes

Equipment

- The YMCA provides basketballs for games & practices. Please label your ball if your child brings their own! (details on ball sizes under League Rules Overview section on Pg. 9).
- Always bring plenty of water and sunscreen to games and practices – we are on an **outdoor court!**

VENTURA FAMILY YMCA
YOUTH BASKETBALL LEAGUE
Communication & Schedule

League Communication

The week before the season starts, you will receive an additional email sent through the program Ygametime, containing your team information at the bottom of the email.

- Emails sent through YGAMETIME will contain important information, so please look out for similar emails sent throughout the season. These are sent from noreply@ygametime.com
- Signing up for Text Alerts through the YGAMETIME website is recommended: Cancellations due to weather are possible, and we will be communicating these through text message alerts in addition to emails.

Coach Communication

- Download the GroupMe App ASAP & Create an Account: <https://groupme.com/>
 - Your coach will send you a GroupMe link to your team chat prior to your first practice. It is mandatory to join your team's group chat!

Game Schedule

YGametime Link to view game schedule: <https://ygametime.com/branch/ventura/sports/>

- See Basketball League and then select your age group from the drop down
- This will not be published until **4/16**, your Info Release Date
- Don't lose the schedule - Create an App! While there is not currently a mobile app for this website, you can save the schedule website to your Home Screen to create an app! See the following for Directions:
 - [Directions for iPhone](#)
 - [Directions for Android](#)

Practices

- No uniform needed; wear comfortable clothes and basketball shoes or athletic shoes
- This is not a drop-off program! Please SIGN IN on the sheet your coach will pass around at the beginning of practice. Parents must remain in the program area during the entire practice. Don't forget to SIGN OUT before leaving.
 - A special exception to this rule may be granted in certain situations; to request an accommodation please see the form on Pg. 11
- Please be prepared to accompany your child to the restroom should they need to go during practice.

Important Date Reminders

Team Info Release: **9/10**

Picture Day: **TBD**

First Practices: **Week of 9/14**

Last Games: **Week of 6/8**

First Games: **9/26 or 9/27**

VENTURA FAMILY YMCA
YOUTH BASKETBALL LEAGUE
Volunteerism

Scoreboard/ Scorebook Volunteers

We rely on volunteers to help run the scoreboard and scorebook. We will provide all necessary training, and only a basic understanding of basketball rules is needed! It will be the responsibility of that team to find parents to fulfill those duties. We appreciate all your support and involvement.

Volunteer Coaches

YMCA Leagues depend on volunteer coaches, which are most commonly parent volunteers. Our goal is to secure a Head Coach and an Assistant Coach for each team to ensure greater attention for the players. Coaching is an excellent way to give back to the community. If you have experience as a coach, player, or fan of the sport, we need your help to give the kids this opportunity to learn the game from a positive role model, and hopefully develop a love for it. The commitment to coaching entails 2-3 hours per week. There are 5 main aspects to coaching:

Complete Volunteer Onboarding Process

- You will go through a Background Check, Reference Check, Concussion Training, Child Abuse Prevention Training, and a few other documents and trainings to complete in an online checklist.

Attend the Coach's Meeting & Coach Clinic

- We will provide all the info you will need to have a great season!

Run Practices

- Each team has 1 practice per week
- Come prepared with drill ideas, incorporating the core skills as well as scrimmages/games to apply these skills
- Example resources are provided by the YMCA

Coach Games

- Coach your team's 1 game per week (Communicate ahead of time with League Management and Assistant Coach if you will be missing any games)
- Arrive 20 minutes prior to game time to meet with players, warm them up, and help them mentally prepare for their game.
- Ensure equal playing time for all players to the best of your ability
- Meet with the team after the game to review and close out before sending kids off with their parents

Foster Sportsmanship and Character Values

- Demonstrate and instill the YMCA core values of caring, honesty, respect, and responsibility into players throughout the season.
- Lead by example for players, parents, and spectators and control the behavior of your team.

VENTURA FAMILY YMCA
YOUTH BASKETBALL LEAGUE
Other Information

Post-Game Snack

Each week, parents will take a turn bringing a healthy, pre-packaged snack to share with their team. The coaches will coordinate a snack schedule for their teams.

League Celebration

The YMCA hosts a small celebration after each team's last game. (Coaches give out medals, and we provide food for the players!) More details are sent the week prior to the end of the season.

League Assessments

Assessments are simply a way for us to gauge where kids are already at skill-wise so that we can create evenly matched teams to the best of our ability. They are NOT try-outs. Assessments are MANDATORY for certain age groups of certain leagues: It will specify upon registration what the assessment day/time options are. The YMCA reserves the right to remove your child from the league if you do not attend a mandatory assessment option, with no notice.

Inclement Weather Policy

It is our intent to get every practice and game in as scheduled. However, safety is our top priority. Practices or games that are cancelled due to inclement weather are not guaranteed to be made up. However, we will do our best to provide a make-up day if scheduling allows.

Jr. Clippers Partnership

We partner with the Jr Clippers Basketball Organization for our youth basketball leagues! This comes with several perks for you as parents. The following are a few highlights:

Discounted Tickets:

- **Discount Code:** JRCLIPS26
- **Purchase Link:** <https://www.qofevo.com/group/Jrclippers>

Merch Discount

Use the code **JRCLIPPERS15** at checkout when shopping on shopclippers.com for 15% off!

Free Clinics

The Jr. Clippers promise a minimum of 1 free clinic per year, typically for ages 6 – 12. These consist of 1-2 hrs of basketball drills and games run by experienced Jr Clippers staff and coaches. This opportunity will be communicated via email within the off-season of Y basketball, so please keep an eye out. Other one-off opportunities may be communicated by the Clippers and passed along to you throughout the year via email as well.

VENTURA FAMILY YMCA
YOUTH BASKETBALL LEAGUE
League Rules Overview

Modifying the Game

At the Y, we adjust basketball rules for each age group to give kids the best balance of learning and success during their games. Understanding these differences helps ensure you're not giving your child instructions that conflict with YMCA guidelines.

The following is a general overview —coaches receive a more detailed rules sheet for their age group. If you have specific questions, please reach out to us or ask your child's coach!

Overview by Age Group

Age Group	Division	Basket Height	Ball Size	Players on Court	Quarter Length
5-6	1	7.5 feet	27.5	4v4	7 mins
7-8	2	8.5 feet	27.5	4v4	8 mins
9-10	3	9 feet	28.5	5v5	8 mins
11-14	4	10 feet	28.5	5v5	9 mins
13-15	5	10 feet	29.5	5v5	9 mins

Scoring

The score will be kept in all of these divisions; however, YMCA reserves the right to shut off the scoreboard at any time so that emphasis is placed on learning and not winning. Team standings will be updated only for the purpose of creating an even matchup for the very last game.

Substitutions, Time Outs, & Game Clock

Players will be substituted at the halfway point of each quarter. The game clock will pause briefly for players to switch out. Each team has two, 1-minute time outs per half (does not carry over), with the exception of Divisions 4 & 5 who have 3 timeouts to be used at any point in the game. All divisions are running clock, with stop clock in the last 2 minutes of the game if the score is within 10 points.

Press

Division 1 must begin defense only within the 3-point arch. Divisions 2 & 3 must begin defense behind half court. Divisions 4 & 5 are allowed to press full-court UNLESS they are leading by 10 or more points. There is no trapping allowed except for in Division 4 & 5.



Sport League Check In/Out Waiver – Ventura Family YMCA

First Name: _____ **Last Name:** _____
Date of Birth: _____ **Age:** _____
Program: _____ **Program Dates:** _____
Parent's Name: _____ **Parent's Phone:** _____
Parent's Email Address: _____

The Ventura Family YMCA requires all program participants under the age of 18 in sports leagues to be signed in and out by an adult over the age of 18 and for an adult to remain in the program area for the duration of the program. While this policy is implemented for the safety of your child, there are some situations that a parent may request an exemption or alteration.

I am requesting the following accommodation for my child (select one):

_____ My child, who is at least 11 years of age, has my permission to sign themselves in and out of the above sports league.

- My child will be responsible for checking in with a staff or volunteer coach at the beginning of practice at which time supervision from the staff/volunteer begins.
- My child will not be supervised by a staff/volunteer once he/she completes the self-sign out.
- To remain in the facility after the program ends, the participant must be above the age of 12 and have a valid YMCA membership.

_____ My child, who is at least 7 years of age, will be signed in and out by a parent or guardian. I am requesting the ability to leave the facility while the program is occurring. I will remain reachable at the phone number listed above. I agree to be charged \$1 per minute for each minute my child is late being signed out.

My justification for this request is as follows:

By submitting this request, I understand and agree to the following policies:

- I grant permission for my child to use the restroom or drinking fountain without direct supervision from a parent, guardian, or staff member.
- Once approved, this request will remain in effect until the end of the program date unless it is revoked, in writing, to the YMCA Program Director.

Parent Signature: _____ **Date:** _____

OFFICE USE ONLY:

___ Approved ___ Denied **Director Signature:** _____ **CORE:** _____